

Psychological Hypnosis Newsletter

Spring/Summer 2023 | Vol. 31, Issue 1

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Co-Editors: Lauren Simicich, MSCP
Cassandra Jackson, MA
Cameron Alldredge, PhD

Division 30 President's Letter

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Scott Hoye, PsyD



I'm thrilled to be able to extend a warm welcome on behalf of Division 30. My predecessor, Dr. David Reid, has been a great help in the transition to my term as President, and I thank him for his leadership last year. I'd also like to welcome Dr. David Godot as President-elect this year.

We have some new members of our executive committee. They have taken on several important new initiatives.

First, Dr. Gary Elkins has offered to take on the mantle of the Fellows Chair. After a discussion with myself and former Fellows Chair, Dr. Donald Moss, we have changed the name of the position to Fellows and Mentorship Chair. This shift will help to better

establish a path for leadership within the Division that can lead to an easier approach to applying to and obtaining Fellows position. Please join me in inviting Dr. Elkins to his new role, and thanks to Dr. Moss for serving many years in this important position.

Several graduate students have stepped into leadership roles with the executive committee.

- Michael Vinson, Lauren Simicich, and Cassondra Jackson are serving as Student Representatives.
- Lauren, Cassondra, and Cameron Alldredge are also serving as editors of the Division 30 Newsletter.
- Lauren, Cassondra, and Cameron are also working on re-establishing and running the Division's social media content.

Please join me in welcoming all four graduate students to their respective roles. Our newsletter and our social media accounts are both important, connecting us within our Division, and providing scientifically informed information regarding psychological hypnosis on the internet. Their participation in Division 30 and their dedication are important for the growth of professional psychology as well as psychological hypnosis.

Speaking of the internet, our newsletter will be available on the [Division 30 website](#) soon. Both PDF and HTML versions of past and current newsletters will be available. This will allow Division 30 to be more visible in searches across the World Wide Web, and for us to spread solid scientific and clinical information regarding hypnosis.

I have also proposed a Division 30 podcast. This is still in a germinal phase, but if it launches, would be instrumental in creating a more personalized face of the division on the World Wide Web, and more access to science-based information about hypnosis to the consumer and the professional alike.

Dr. Afik Faerman is continuing his duties as the Membership Chair. Afik has been working on developing more clarity regarding our membership rosters and updating contact lists. He has also been working toward developing a list of graduate student internship programs that provide training and mentoring in hypnosis.

The 2023 APA convention is in Washington, D.C., from August 3-5. This year Dr. David Reid and Dr. Eric Wilmarth are putting their combined efforts into creating a great selection of scientific and clinical presentations. They have a stellar lineup that will include luminaries from the world of psychological hypnosis and many international contributors. Among these are Etzel Cardeña, Ronald Pekala, and Ian Wickramasekera II. I hope we can all connect in D.C. for this memorable event!

Meet the Co-Editors

A warm welcome from the three new members of the APA Division 30 Newsletter Editorial team



Hello there! My name is Lauren Simicich and I am currently a clinical psychology doctoral candidate at Baylor University and the Mind-Body Medicine Research Lab under the mentorship of Dr. Gary Elkins. I've worked on numerous clinical studies as a hypnosis research therapist which has shown me firsthand how an empowering intervention like clinical hypnosis can be used as a therapeutic tool for positive change. I greatly look forward to connecting with, and learning from, you all as I serve in this role.

Greetings! I'm Cassondra Jackson, a doctoral candidate at Saybrook University working towards a PhD in Mind-Body Medicine, specializing in Integrative Mental Health. I have worked in the mental health field for over 10 years and enjoy integrating new practices into my work. Hypnosis has been an incredible game-changer for the individuals I serve. In addition, I am passionate about social activism, spiritual wellness, and helping others become the best version of themselves. I look forward to becoming more involved with Div. 30, contributing to the field's growth, and helping to expand Div. 30!



I'm Cameron Alldredge, PhD and currently the postdoctoral fellow for the Mind-Body Medicine Research Lab. I'm a clinical psychologist dedicated to the experimentation and clinical use of hypnosis. About 12 years ago, I had a successful stage hypnosis career which I've since abandoned to focus all efforts on beneficial uses of hypnosis. My research interests include hypnotizability, clinical applications, hypnosis theory, music + hypnosis, and electronic delivery of hypnosis. I look forward to getting more involved in Div. 30!

Call for Submissions & Contributions for Division 30 Newsletter

The editorial team of the Division 30 newsletter enthusiastically welcomes submissions from members for consideration of publication in future issues. Maybe you would like to share the ways you are implementing hypnosis in your clinical practice, or you recently completed an interesting research project that you think others would find to be captivating! Perhaps you recently read a hypnosis-related article or book that you thoroughly enjoyed and would like to review, or you conducted a hypnosis-related literature review that holds some compelling findings that could make a difference in other members' clinical practice. Whether you pursue any of the above ideas or have something else in mind, please do not hesitate to contact any of the Bulletin co-editors (see their contact information below) if you have a short article, summary of work, or other pieces of professional news that you would like to share with our community. We welcome the opportunity to include more diverse content in future issues of the newsletter. Thank you!

Newsletter Co-editors:

Lauren Simicich at Lauren_Simicich1@baylor.edu

Cassondra Jackson at cjackson7@saybrook.edu

Cameron Alldredge at cameron_alldredge@baylor.edu

APA Division 30 Newsletter Schedule & Submission Deadlines

The newsletter is scheduled to be published three times per year.

July Issue

Submissions due to Co-Editors by June 15th

October Issue

Submissions due to Co-Editors by September 15th

APA 2023 Annual Convention Washington, DC | August 3-5

Thank you to all who have submitted poster and presentation proposals for the APA 2023 Annual Convention. We received some very exciting submissions and look forward to finalizing the conference schedule. Details to follow in the next issue of the newsletter. In the interim, please look to our [website](#) and social media accounts (see below) for any conference-related updates!

Follow Division 30 on social media to stay updated on the most current Division 30 events as well as to have easy and convenient access to other interesting and exciting evidence-based hypnosis content.



Renew Your Membership

Spread the word and invite others to consider
APA Division 30 membership.

click here →



APA Division 30 Welcomes Applications for *Fellow* Status

Why would you want to become a Fellow of APA Division 30?

Division 30, The Society of Psychological Hypnosis, SPH, welcomes within its membership psychologists who are interested in and who identify with the field of psychological hypnosis—clinical hypnosis in practice, research, service to the Society and APA, instruction/teaching, supervision, consulting, mentoring, and/or other missions. The Society encourages members who have made significant contributions to these missions to apply for fellow status in the Division. Fellow status is a way for the division to showcase the contributions that our Division makes both within APA and to the general public. Most importantly, it is a way to identify and honor individuals for their exceptional work and contribution to clinical psychology.

Being recognized as an APA Division 30 fellow may well increase the visibility of your work, may provide greater opportunities to share your work or develop collaborations. Fellows are often sought as mentors of peers and early career psychologists, as well as in teaching and advisor capacities. Fellows are encouraged to become active in the Division and help shape the Division's mission and work.

What do you need to do to become a Fellow of APA Division 30?

The requirement for fellow status includes to provide documentation showing *outstanding* contributions in either clinical or experimental research, advancing practice, or outstanding services to the Division, APA, and/or at a national or international level. Thus, this level is most often achieved during mid-career or beyond. The applicant identifies their relevant achievements and asks three current APA Division 30 Fellows to review the application and provide letters of support attesting to those outstanding achievements.

If you are considering applying for APA Division 30 Fellowship status now or in the future, what actionable steps would be helpful for you to take?

If you are considering applying, the current APA Division 30 Mentorship and Fellows Committee members are available to provide advice and guidance through the process. Do not hesitate to ask current Fellows for assistance in evaluating when it would be appropriate to apply and to ask for letters of endorsement during the process. See here for a list of current APA Division 30 Fellows: <https://www.apadivisions.org/division-30/membership/fellows>. All current Fellows have gone through this process and understand the requirements. In some cases, it is wise to begin planning and identifying the requirements several years in advance of your application. The current Chair of the Mentorship and Fellows Committee for APA Division 30 is Gary Elkins, PhD, ABPP. You may email initial inquiries at Gary_Elkins@baylor.edu.

If you decide to apply for Initial APA Division 30 Fellow status, what other information and dates would be important for you to know?

If you are an APA and Division 30 member who is interested in becoming an APA initial fellow, it's a good idea to begin by reviewing the APA Fellows website to learn more about the process and timeline. Applications to initial Fellow status are made through an APA division to which a member belongs. Applicants need to specify which division they are applying through and verify if they meet the APA and division criteria. Before starting an application, reach out to the Division 30 Mentorship and Fellows Chair to determine the division deadline for submitting your materials to the Fellows portal. This information may be found on the Division 30 website. The deadline for Division Fellows chairs to submit their nominations for initial Fellows to the APA Fellows Committee is February 14, 2023. The APA Fellows Committee encourages nominations from early career psychologists. If you qualify, it's not too early to be recognized by your peers for your outstanding and unusual work in the field of psychology. A good place to start is visiting the APA Fellows page at: <https://www.apa.org/members/your-membership/fellows/apply>

If you are already a Fellow of another Division of APA and want to become a Fellow of APA Division 30, what do you need to do?

Current Fellows who are APA members and are already Fellows in at least one division may also become Fellows in another Division without approval from the APA Fellows Committee. If you are a Fellow in another Division of APA and a member of APA Division 30 and, interested in applying for fellow status in Division 30, contact Gary Elkins, PhD, ABPP at Gary_Elkins@baylor.edu. More information on the process for current Fellows can be provided.

Latest News from the *International Journal of Clinical and Experimental Hypnosis*



Recent Issue: Volume 71, Issue 1

The most recent issue of the IJCEH features five articles covering a variety of topics, including two systematic reviews – one examining applications of hypnosis in oncological settings and another examining the use of hypnosis during the perinatal period. Additional article topics include Buddhist meditation-informed hypnotic techniques for

rumination, mindful hypnotherapy for females with major depressive disorder, and hypoalgesia during nasogastric tube insertion. This is the first issue of 2023, and we look forward to publishing many more outstanding articles in the new year!

Have you considered what Open Access Publishing can do for your research?

Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the *IJCEH* is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the *IJCEH* has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

Editor-in-chief: Gary R. Elkins, PhD



OPEN SCIENCE BADGES: Consider publishing your research with an Open Science Badge! These Badges are implemented to acknowledge open science practices and serve as incentives for researchers around the world to share data and materials associated with the publication. Publishing with an Open Science Badge signals to the reader that the content has been made available and certifies its accessibility in a consistent location.



The IJCEH accepts many types of papers, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. *Topics can include:* Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

Call for Papers: Systematic Reviews & Meta-Analyses

The IJCEH has issued a call for systematic reviews and meta-analyses of hypnosis interventions for psychological and health-related conditions. Meta-analyses and systematic review papers can help enrich our understanding of key topics and can help to advance clinical research. They can provide an accessible resource for clinicians and researchers on existing research and evidence. Review articles serve to provide an up-to-date overview of the current state of knowledge of hypnosis interventions for a particular disorder or domain. Submit your systematic review or meta-analysis to the IJCEH using the submission instructions on the following page.

Contact us at: IJCEH@baylor.edu

Stay in the know when new articles or issues are published by signing up for new content alerts at the IJCEH publisher's website: <https://tandfonline.com/ijceh>. Click "New Content Alerts", enter your email, and select your preferred frequency!

Managing Editor: Joshua R. Rhodes, MA

Follow us on Twitter

Here are some Twitter accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussion on hypnosis research.

- [@IJCEH](#) – The IJCEH's Official Twitter Account
- [@ElkinsGary](#) – Follow the Editor of the IJCEH
- [@tandfonline](#) – Taylor & Francis Research Insights' Official Twitter Account

Find us online at: www.IJCEH.com or www.tandfonline.com/nhyp

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SUBMIT PAPER

Abstracts from the Articles Published in the Most Recent Issue of

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

Applications of Hypnosis as an Adjuvant in Oncological Settings: A Systematic Review

Marc Franch, Ana Alarcon, Antonio Capafons

Previous research has shown promising results in using hypnosis to treat various symptoms and side effects of medical treatments. The objective was to identify studies that use hypnosis as an adjuvant to evidence-based treatments to evaluate its benefits in patients with cancer. The search identified 873 articles published between 2000 and February 2021, of which 22 were selected using the principles of the PRISMA. Apart from 1 study, all studies showed that interventions improved the measured variables compared to a control group. Most studies showed that hypnosis has positive effects on reducing anxiety, pain, nausea, fatigue, drug use, and length of hospital stays. Hypnosis also improves depressive symptoms, insomnia, hot flashes, well-being, and quality of life, and helps increase adherence to treatment. When used by qualified professionals as an adjuvant to well-established treatments, hypnosis improves symptoms caused by oncological interventions and the disease itself. In addition, hypnosis has no side effects.

The Use of Hypnosis during the Perinatal Period: A Systematic Review

Emilie Dumont, David Ogez, Sabine Nahas, Ghasssan El-Baalbaki

This systematic review aims to identify current protocols involving the use of hypnosis during the perinatal period and to examine its effects on mothers' well-being. Seven electronic databases were searched for articles published from 1960 to April 1, 2021, that assessed the effectiveness of hypnosis during the perinatal period. All published randomized, controlled trials and nonrandomized, controlled trials studies assessing the effectiveness of hypnosis used during the perinatal period with healthy adult women were included. The quality of the included studies was assessed using the Risk of Bias in Nonrandomized Studies of Interventions or the Revised Cochrane risk-of-bias tool for randomized trials. Article screening, methodological-quality assessment, and data extraction were performed by 2 independent reviewers. Twenty-one articles, corresponding to 16 studies met inclusion criteria. Apart from 2 studies, all included studies reported the benefits of implementing a hypnosis intervention during the perinatal period. However, methodological limitations relative to intervention implementation and assessment methods might have led to the observed variability in results across studies. Future studies should consider a more standardized methodology.

Using Buddhist Meditation-informed Hypnotic Techniques to Manage Rumination: Two Case Illustrations

Akira Otani

Rumination is a clinical phenomenon that causes significant distress in clients who suffer from various psychological and physical disorders. It also has a deleterious impact on both therapeutic process and outcome. One approach that holds promise to manage rumination is mindfulness meditation in combination with clinical hypnosis. This article: (1) reviews the concept of and techniques to manage rumination in the Buddhist psychological framework, (2) introduces 2 simple mindfulness-based techniques to deal with rumination, i.e., mindful thought detachment and mindful dereflection, and (3) describes 2 case studies in which these strategies were applied successfully. Hypnosis-informed clinicians are encouraged to integrate these approaches in their practices.

The Effectiveness of Mindful Hypnotherapy on Depression, Self-Compassion, and Psychological Inflexibility in Females with Major Depressive Disorder: A Single-Blind, Randomized Clinical Trial

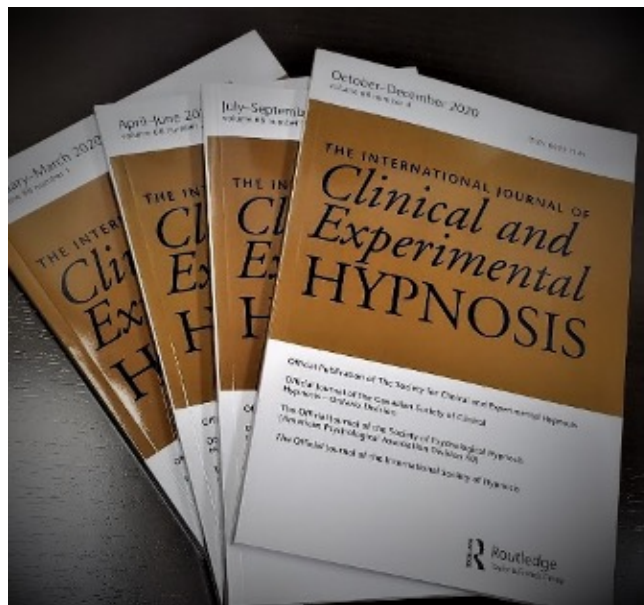
Hassan Khazraee, Maryam Bakhtiari, Amir Sam Kianimoghadam, & Elaheh Ghorbanikhah

The effectiveness of the novel intervention *mindful hypnotherapy* on depression, self-compassion, and psychological inflexibility in females with major depressive disorder was examined in a randomized, clinical trial. Thirty-four participants were randomly allocated into mindful hypnotherapy and waitlist control groups. The intervention group was treated in 8 face-to-face, 60-minute weekly therapy sessions along with mindful hypnosis audio tapes to be used daily. The results of analysis of covariance indicated that there were significant differences between the mindful hypnotherapy and waitlist control groups after intervention and at 2-month follow-up ($p < .001$). The between-subject test of repeated measures ANOVAs also indicated a clinically significant difference between groups across time (baseline, postintervention, and 2-month follow-up) in depression, $F = 53.86$, $p < .001$, effect size = .65, and in self-compassion, $F = 33.18$, $p < .001$, effect size = .53, as well as psychological inflexibility, $F = 26.84$, $p < .001$, effect size = .48. In conclusion, this study indicates that mindful hypnotherapy is an effective intervention for treating depression as well as reducing psychological inflexibility and improving self-compassion for patients with major depressive disorder.

Patients Participating in Nasogastric Tube Insertion through Hypnoanalgesia during High-dose Chemotherapy-induced Aplasia

Magali Granger, Norah Anthony, Cecile Lermenier, Delphine Hue, Jean-Baptiste Mear, Roch Houot, Aline Moignet-Autrel, Marc Bernard, Thierry Lamy

The insertion of a nasogastric (N.G.) tube is often a difficult experience for both patients and caregivers. This often results in a high failure rate of N.G. insertion. This pilot study aimed to evaluate the effectiveness, tolerance, and acceptability of hypnoanalgesia to assist self-insertion of an N.G. tube. Patients undergoing high-dose chemotherapy for autologous or allogeneic hematopoietic stem cell transplantation (HSCT) or acute leukemia and with high risk of aplasia were included in the study. A total of 38 patients were included during 6 consecutive months. They all achieved successful N.G. tube self-insertion. The N.G. tube remained in place during hospitalization in 32 cases for an average duration of 15 days. Six patients rejected the N.G. tube during vomiting but they all voluntarily attempted it again later on and succeeded. The discomfort related to NG-tube insertion was mild. This pilot study suggests that N.G. tube self-insertion assisted by hypnoanalgesia may be effective, well-accepted, and well-tolerated in patients. These promising findings will need further confirmation.



Journal Article Titles from the Most Recent Issue of *Psychology of Consciousness: Theory, Research, and Practice*

14

Altered states of consciousness induced in online three-dimensional self-boundary visualization sessions: A comparison of horizontal and vertical perspectives.

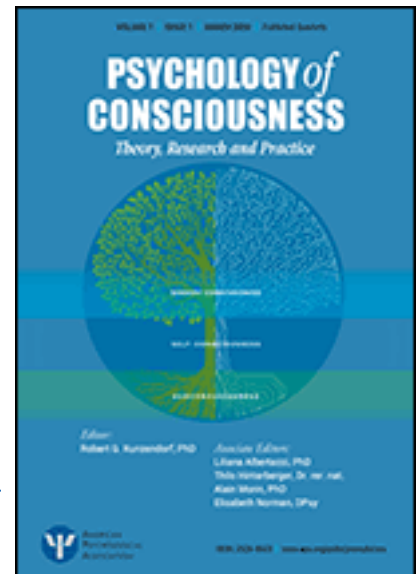
Pages 2-16. Sohst, Selina; Blaser, Klaus; Hinterberger, Thilo.
<https://doi.org/10.1037/cns0000326>

Psychophysics and phenomenology of perceptual transparency.

Pages 17-32. da Pos, Osvaldo.
<https://doi.org/10.1037/cns0000318>

The necessity of equivalent comparisons for interpreting masked priming effects: Implications for studies of unconscious perceptual processing.

Pages 33-49. Fisk, Gary Dale; Haase, Steven J. <https://doi.org/10.1037/cns0000330>



No evidence for selective serotonin reuptake inhibitors (SSRIs) use as explaining the relationship between sleep experiences and psychopathological distress.

Pages 50-61. Finkenberg, Daniel Ben; Shalev, Hadar; Vannikov-Lugassi, Miriam; Soffer-Dudek, Nirit.
<https://doi.org/10.1037/cns0000275>

SPECIAL SECTION: Self-Reflection and Self-Rumination in Clinical Situations

Cognitive mechanisms in a sample of detained stalkers: Evaluation of dissociative tendencies, impaired reflective function, and ruminative thought.

Pages 62-75. Civilotti, Cristina; Sciascia, Chiara; Li Volsi, Eugenia; Rosato, Marta; Giampaolo, Rebecca; Acquadro Maran, Daniela.
<https://doi.org/10.1037/cns0000303>

Thought characteristics in patients with severe health anxiety: A comparison with obsessive-compulsive disorder and healthy controls.

Pages 76-87. Gehrt, Tine B.; Frostholt, Lisbeth; Obermann, Marie-Louise; Berntsen, Dorte.
<https://doi.org/10.1037/cns0000325>

Changes in self-rumination and self-compassion mediate the effect of psychedelic experiences on decreases in depression, anxiety, and stress.

Pages 88-102. Fauvel, Baptiste; Strika-Bruneau, Lana; Piolino, Pascale. <https://doi.org/10.1037/cns0000283>

Student Representative Column

Michael Vinson

I'm honored and incredibly excited to introduce myself as this year's Division 30 Student Representative. Please reach out to me if you're at all interested in becoming more involved in Division 30 in the future or if you'd just like to connect with a fellow student. I'm here on your behalf!



In addition to joining Division 30 at the upcoming APA Annual Conference taking place in Washington, D.C. in early August, I encourage any students interested in hypnosis to check out the online events put on by the Society for Clinical and Experimental Hypnosis. SCEH is a wonderful resource for students and early career professionals who are interested in learning more about the world of psychological hypnosis. On April 28th - May 1st, SCEH is offering a series of hypnosis workshops entirely online, with the advanced practitioner workshops focusing on the theme of Hypnosis and Women's Health. Check out their website if you're intrigued: <https://www.sceh.us/2023-midyear-workshops>.

SCEH also offers a monthly Webinar series, with April 14th's focusing on hypnosis and smoking cessation and May 12th's focusing on the commonalities between yoga nidra and hypnosis (and presented by Division 30 president Scott Hoyer, PsyD!). I highly encourage you to attend; sign up at <https://www.sceh.us/webinars>.

If you have any questions, concerns, or ideas for increased student involvement, please do not hesitate to reach out to me. I look forward to hearing from you!

Michael Vinson
Baylor University
michael_vinson1@baylor.edu

Membership Chair Column

Afik Faerman, PhD



Three years of pandemic took a toll on everyone, socially, emotionally, and financially. Regarding APA, fewer people attended conferences or renewed their membership. Professional models also changed, with more schedules transitioning to online mediums and interest in less interpersonal interaction. We want to acknowledge and respect the hurdles of the past years as we review our membership reports and lay down our plans for growth at Division 30. Thank you all for being a part of our efforts to establish the beneficence and legitimacy of hypnosis as a valid and effective psychological approach.

Our Division includes 583 registered members, with the majority of paying members on an APA Member status and 40 student affiliates. We have gained 55 new members since 2022, in varying stages of career phases, with approximately half identifying as students. During the past few years, hypnosis has experienced a resurgence in public and professional interest, with an increased presence of hypnosis-related scientific literature in high-impact journals, podcasts (e.g., our very own Scott Hoyer's [Psychology Talk](#); [Speaking of Psychology](#); [Huberman Lab Podcast](#)), and appearance in popular media (e.g., in [The Washington Post](#), [The New York Times](#), and [Time](#)). As a result, more professionals at earlier stages of their careers (mainly undergraduate, graduate, and postdoctoral fellowships) get more exposure and express more interest in hypnosis. As such, and considering the relatively lower number of early-career members, we identified the early-career status as the primary target group for the Division's expansion in the following years.

To address this goal, our Division will increase its social media presence and work to create helpful resources for prospective members. For example, based on feedback from students that it is difficult to receive formal supervision in clinical hypnosis, we are working with [APPIC](#) to create a database of all the predoctoral internships that offer training and/or supervision in clinical hypnosis. Please let us know if you have ideas for similar or novel projects!

It is an honor and a privilege to serve as the Division's Membership Chair. I look forward to growing our community and advancing the science of and advocacy for psychological hypnosis.

Afik Faerman, PhD

The Backbone of Division 30

Lisa Lombard, PhD

For each issue of APA Division 30's newsletter, a member from the Division 30 Executive Committee is invited to contribute a bio-sketch that answers the following questions: "What was your introduction to hypnosis? And how did that play out?" This issue features a wonderful piece from *APA Council Representative Lisa Lombard, PhD*

My introduction to hypnosis research and phenomena was with Erika Fromm, PhD at the University of Chicago when I became a research assistant in her *Hypnosis and Self-Hypnosis Laboratory* (known as the Chicago Paradigm). I was an undergraduate student looking for a work-study job on campus (literally reading through job postings in a 3-ring binder). I applied for the job, but evidently didn't notice she was looking for a graduate student. She called and explained this to me (a rather intimidating conversation as I listened to her unique, German-accented voice). Then, several hours later she called back to say she had reconsidered and would meet with me! She held Thursday evening lab meetings in her beautiful home (elegant snacks included) and invited me to come over that night. I met with her, joined the group, and feel exceedingly fortunate that this began our decades-long professional and personal relationship.



As a research assistant, I coded the daily journals kept by the self-hypnosis (SH) subjects who participated in a month-long study. We explored concepts like ego receptivity, ego activity, imagery, absorption, and more. Multiple manuscripts and presentations were completed, and Erika supported my first trip to present at SCEH in San Antonio in the late 1980s. Additionally, I had the privilege of collaborating and learning from Steve Kahn, PhD (research coordinator, co-teacher, and dear friend to all), Dan Brown, PhD (protégé of Erika's and hypnosis workshop co-teacher), and many more!

After college, I continued my studies in Human Development at the University of Chicago. Although my PhD research was not related to hypnosis, Erika continued to



Erika is proudly smiling after I received my diploma

Erika and Steve at my wedding reception in Buffalo, NY



My first experience being hypnotized was in a group setting at the invitation of Erika Fromm, PhD, in her annual workshop at the University of Chicago. Despite this being in a large classroom while seated at a long table, it was simply amazing. I soon became a teaching assistant for this annual June workshop and became part of the group she hosted afterwards, at her Lake Michigan house. I have many fond memories of these summer days, such as driving across the Chicago Skyway and stopping to change drivers with her at McDonalds, playing cards with Steve and others on the porch, and sitting on the beach chatting!

Although I didn't formally practice clinical hypnosis in the early years of my professional work as a clinical psychologist, I recognize that I was keenly influenced by my understanding of hypnotic language, absorption, imagery, and other hypnotic-phenomena. When I moved back to Chicago from Washington DC/ Alexandria VA, I took steps to re-integrate hypnosis into my clinical work with adults and children. I am grateful that I found NPHTI (the National Pediatric Hypnosis Training Institute with tremendous mentors like Karen Olness, MD, Daniel Kohen, MD, and Leora Kuttner, PhD). I went through NPHTI's outstanding training program, became a faculty member, and am now in a leadership role. And, shortly after moving to Oak Park, I realized I was in the middle of an interesting coincidence – I was now a neighbor to Erika Fromm's grandson (who I had heard much about when he was growing up) and his family! It is so meaningful to say that my children and her grandchildren know one another!

- I continue to practice self-hypnosis, particularly when I am near Lake Michigan ;)
- I believe in self-directed stress-management and self-regulation skills for all ages.
- I am passionate about helping children learn mind-body practices and have started a nonprofit called Comfort Kits for Children (www.comfortkitsforchildren.org). Thank you, Bob Deutsch, PhD, for advising me on this endeavor. Thank you, Karen Olness, MD and Tim Culbert, MD, for creating the original kits that are the inspiration for those now being assembled and donated to children in Ukraine, Turkey, and US communities. Thank you, NPHTI, for lending me support and energy to get this initiative going!



My clinical work continues to transform. Over the last 5 years I have conducted research and provided psychological services to children and adults with allergic diseases, like food allergy and atopic dermatitis. It is an area of health where body meets mind, as stress mediates many symptoms. This isn't articulated or addressed nearly enough for patients...yet. I also find that my clinical work is increasingly oriented toward helping children and adults with unexpected and sometimes traumatic grief.

Gardening, walking, genealogy, and being with family keep me going! Ask me about my application for Italian dual-citizenship (in progress) and my flowers!

Division 30 Leadership

Executive Committee

President

[Scott Hoye, PsyD \(2022–23\)](#)

President-elect

[David Godot, PsyD \(2022–23\)](#)

Past president/Nominations Chair

[David Reid, PsyD \(2022–23\)](#)

Secretary (interim)

[David Reid, PsyD \(2021–24\)](#)

Treasurer

[Ciara Christensen, PhD \(2019–24\)](#)

Past-Past President/Awards Chair

[Eric Willmarth, PhD \(2022–23\)](#)

Members-at-large

[Donald Moss, PhD \(2021–23\)](#)

[Guy Montgomery, PhD \(2021–24\)](#)

[Len Milling, PhD \(2020–23\)](#)

APA Council Representative

[Lisa Lombard, PhD \(2021–23\)](#)

Other Chairs and Appointments

Program Chairperson(s)

[Eric Willmarth, PhD](#)

[David Reid, PsyD](#)

Policy and Procedures Chair

[Joe Green, PhD](#)

Fellows and Mentorship Chair

[Gary Elkins, PhD](#)

Newsletter Editors

[Cassandra Jackson, MS](#)

[Lauren Simicich, MSCP](#)

[Cameron Alldredge, PhD](#)

Student Representatives

[Michael Vinson](#)

[Lauren Simicich, MSCP](#)

[Cassandra Jackson, PhD](#)

Membership Chair

[Afik Faerman, PhD](#)

Contact Division 30